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UNDERWOOD, OVER THE MOON

SIX-TIME GRAMMY WINNER CARRIE UNDERWOOD TO STAR IN LIVE TV VERSION OF THE SOUND OF MUSIC

PAGE 10

Socks. Are. Awesome. Period.

London entrepreneurs join campaign to help the less fortunate with, that's right, socks PAGE 2

1,000 ladies revving up for half-marathon

London's first women-only event links up with local neonatal-care charity for Nov. 3 run PAGE 3

Western Mustangs buck adversity

Coach attributes record-breaking season, in part, to being down vs. Laurier and making comeback PAGE 17

NEWS WORTH SHARING.

What's the bill for Billy T's?

'Foolishness is expensive'. How much city cash is being spent on lawyers for 7 council members involved in 'illegal' meeting?: Coun.

Show me the money, says Coun. Paul Hubert.

The city councillor wants to know how much city cash is going to lawyers for seven council members at the infamous meeting at Billy T's Tap and Grill in February.

But, a day after everyone involved in the scandal was lining up to speak, nobody was talking Wednesday about the true cost to Londoners.

Taxpayers are picking up the tab for two lawyers, Christopher Williams and John Mascarin of Toronto firm Aird and Berlis LLP, to represent Mayor Joe Fontana and the councillors he met at the restaurant.

The public also paid for an investigation by Ontario Ombudsman Andre Marin, who decided the Billy T's encounter was "illegal" and "secret." The law says city meetings must be public.

Not even Marin is willing to talk about his costs.

"Foolishness is expensive," said Hubert. "It's expensive because it's cost the taxpayers of London legal fees, but it's more expensive in the amount of time, energy and distraction that this has brought."

Hubert, with support from council, has asked that city staff report back on the full cost of the lawyers.

City clerk Cathy Saunders said since council has requested the information, it must be reported to them first and could not be released.

Karen Oliveira, spokeswoman for John Mascarin and Christopher Williams, said their bill is confidential until released by the city.

MIKE DONACHIE/METRO

The chances

Coincidence?

The seven council members at Billy T's on Feb. 23 say they met by coincidence. Sure, they all planned to go, but the idea was to arrive at different times, they say. So, if seven people go out for lunch, what's the probability they will bump into each other?

Steve Kopp, who teaches statistics at Western University, did some calculations.

The London area has 756 restaurants listed on Trip Advisor, so there's a probability of 0.132 per cent that any restaurant is chosen.

With seven people choosing a random restaurant, the probability they would go to the same one is one chance in 140 trillion trillion.

OMENS OF DOOM? AWW

London Humane Society employee Molly Hurdle isn't afraid of black cats. In fact, she's found a friend in each of these little guys, already in costume for the shelter's special Halloween adoption event on Saturday. Details on page 2. SCOTT TAYLOR/METRO

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NEWS 1

London Humane Society

Black is the new orange: LHS

Black cats have become a symbol of horror and Halloween over the years. Witches are known to turn into black cats when they park their brooms and, of course, you don't dare cross the path of a dark feline.

In reality, said London Humane Society head Judy Foster, that type of superstitious stereotyping makes it more difficult to adopt them out, even though they're as cuddly and loveable as any other cat.

The Humane Society will have a few of its finest black cats — and other animals — on display from 1:30 to 3:30 p.m. Saturday when it celebrates Halloween with a special adoption event. And, just to sweeten the pot, most of the adoptables will be dolled up in special costumes.

"Everyone who adopts will get a Halloween costume for their new pet, while supplies last," Foster said.

So, aside from the obvious, why should you adopt a black cat? Here's a Top 10 list from their point of view, according to various online sources:

1. We look like little panthers.
2. A lint brush isn't required for a black-tie affair.
3. Holding a black cat is very slimming.
4. Black cats will match any decor.
5. When you love a black cat, luck is on your side.
6. Every woman should have a little black dress and a little black cat.
7. Hey, we don't care what colour YOU are.
8. Black cats are like onyx, a beautiful gem.
9. Love knows no colour.
10. And most importantly: We are least likely to be adopted.

SCOTT TAYLOR/METRO

Robin Procunier, president of Andrew Douglas Clothier, left, and Samantha Laliberte, business developer with Cole and Parker, show off some fancy footwear on Wednesday to help promote the Socktober campaign. MIKE DONACHIE/METRO

Sock it to 'em with Socktober

No cold feet here.
London entrepreneurs join campaign to help less fortunate, with socks

MIKE DONACHIE
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It's that time of year when toes need to be getting cosy, but some Londoners can't join in.

That's why the entrepreneurs at London sock makers Cole and Parker have issued a call to join an international movement.

Started by YouTube sensation Kid President — a kid who makes plain statements encouraging young people to get involved in their communities — the Socktober campaign asks people to help good causes through the awesome power of socks.

All you have to do to get involved is buy some Cole and Parker socks or donate socks from elsewhere to the London Food Bank.

Cole and Parker makes brightly coloured socks that help people make a statement, and a portion of the proceeds from each sale goes to a good cause. So the Socktober event, like the socks, is a perfect fit.

"It's a really cool idea," said Cole and Parker business developer Samantha Laliberte. "We decided to partner with (the Socktober organizer) on this initiative as 'giving back' is so ingrained in our company.

"Proceeds from each of our sock sales goes to Kiva to distribute micro loans to entrepreneurs in the developing world. Now we want people to help Socktober by donating socks or making another contribution in the community."

There's only a week of Socktober left, and Cole and Parker say they will make a large donation of food and money to the London Food Bank before the end of the month.

How to help

- To support Socktober in London, you can buy Cole and Parker socks, with a proportion of proceeds going to charity.
- The other route is to make a donation, including socks, to the London Food Bank. If socks aren't your thing, the food bank accepts nonperishable foods, including canned fruit, vegetables, meat and fish.

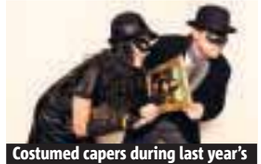
Devilish times in store as Halloween looms

Spooky times are here again, and two leading London organizations are offering racy ways to celebrate Halloween.

There's a screening of The Rocky Horror Picture Show downtown Thursday night.

Or, if you want an even more musical Halloween event, try Museum London's Devil's Night at the museum Friday.

The classic film version of The Rocky Horror Picture Show promises the chance to dress in fishnets and corsets, as is traditional when watching the tale of a newlywed couple led astray by aliens.



Costumed capers during last year's Devil's Night at Museum London. COURTESY STUDIO KUEFNER

The fundraiser for the Regional HIV/AIDS Connection is marking its fifth year. Also traditional is the audience participation, adding dialogue to the movie.

The event starts with a costume contest, with prizes for the best, and people can have souvenir photos taken.

The next night, over at the museum, hundreds of people are expected to join one of London's biggest Halloween parties.

It's run by Museum Underground, the organization charged with getting younger people involved in the museum.

Devil's Night will be a dance party with live DJs and bands, an artist-led mask-making workshop and, organizers promise, "other spooky surprises."

There's even a candy kiosk and tarot card readings.

There are prizes there, too, for the best costumes.

MIKE DONACHIE/METRO

If you go

- The Rocky Horror Picture Show will be screened at Rainbow Cinemas in Citi Plaza at 7:30 p.m. Thursday. It costs $20. Go to hivaidsconnection.ca for details.
- Devil's Night is at Museum London from 9 p.m. to 2 a.m. Friday. Tickets are $20 online and $25 at the door. Visit museumlondon.ca.

Distracted driving. Ont. Liberals consider tougher penalties, demerit points

Ontario's governing Liberals plan to toughen penalties for motorists who are caught phoning or texting while driving.

"There will be action coming, whether it's regulations, whether it's legislation or some combination of education and new penalties — haven't decided," said Transportation Minister Glen Murray on Wednesday. "We're really in the middle of looking at what would be most effective."

The move could include demerit points placed on offenders' driving record.

There are concerns that the current fines aren't sufficient, given that there have been 235,000 charges laid in the last three years, Murray said.

Transportation Minister Glen Murray
TORSTAR NEWS SERVICE

"We're getting a lot of complaints," he said, adding that 20 per cent of all collisions result from distracted driving.

The Liberals banned drivers in 2009 from using any hand-held electronic devices to text, email or talk while driving, except for 911 calls. Ontario's top court says it's illegal to even hold a phone while driving.

Drivers face fines up to $500 if they're caught, but unlike other provinces, there are no demerit points attached. THE CANADIAN PRESS

Other concerns

The government is also looking at penalties for "dooring" — when a driver or passenger suddenly opens their door, causing a cyclist to collide with it, said Glen Murray's spokesman, Patrick Searle.

What a bombshell! Elderly woman walks into police station armed to the teeth

Possibly the most heavily armed 94-year-old woman in history surprised St. Thomas police Tuesday when she walked into the station lobby carrying her late husband's collection of ammunition dating back to the Second World War.

In her possession were numerous types of grenades, tank rounds and even aircraft bombs.

The Department of National Defence (DND) was called to examine the explosives, and their experts determined none of the items were live.

Still, one of the shells was taken by the DND to be destroyed as a precaution. The others were donated to the Elgin Military Museum.

Police say they would prefer that residents who come across ammunition or firearms call for assistance before touching them.
SCOTT TAYLOR/METRO

Get tested

Authorities warn of back-alley tattoo parlour

Elgin St. Thomas Public Health is warning people about a rogue tattoo business based out of an Aylmer housing complex on 50 Melanie Dr.

The location has not participated in routine inspections done by the health unit, and officials have no information about whether items used there have been properly sterilized.

Patrons may be at an increased risk for infections including hepatitis and HIV and should consider being tested, the health unit says.

The unit has taken action to have the business shut down. METRO

Members of the London Ladies' Training Group, pictured Wednesday before their run in Gibbons Park, are ready to join the half-marathon. MIKE DONACHIE/METRO

1,000 women warm up for half-marathon

London Lady's Half Marathon. Inaugural run links up with local neonatal-care charity

MIKE DONACHIE
mike.donachie@metronews.ca

London runners are planning a huge event — and men need not apply.

The city's first women-only half-marathon takes place Nov. 3, and the demand is huge. Organizers are expecting 1,000 women to join.

"I'm a marathon runner and I would go to events and see that 65 per cent of the runners were women," said race director Cliff Cadogan. "So I wondered why there wasn't a women-only event in London."

Stores in the city weren't interested in setting one up, he said, so the London Lady's Half Marathon was born.

"We've been very excited," added Cadogan. "We can't believe how many people have registered for it already."

The race has linked up with the charity Itsy, a London organization that supports families with children in neonatal intensive care.

As for male runners, they're only excluded for the first event. Many men have signed up as volunteers, said Cadogan.

Similar events in the U.S. allow male runners if they have raised enough money for the chosen cause, and London organizers are considering that for next time.

Inspiration

"I would go to events and see that 65 per cent of the runners were women. So I wondered why there wasn't a women-only event in London."
Race director Cliff Cadogan

Sign up

Want to join the London Lady's Half Marathon? Registrations will be accepted online until Oct. 30 or at a pre-race expo at the Goodwill Corporate Centre (255 Horton St.) on Nov. 2.

- No race-day registrations will be accepted. Visit londonladyshalfmarathon.com for more information.
- The various race events — a half-marathon, half-marathon relay and a 5K — begin at 8 a.m. on Nov. 3 in Harris Park.

Project hopes to keep retired men from suicide

It's a little-known fact, but older men have the highest suicide rate in Canada, and that risk increases after retirement.

Now, a Western University associate professor has the means to do something to stem that deadly tide.

Dr. Marnin Heisel, also a scientist at Lawson Health Research Institute, has received a $575,255 grant from Movember Canada for a research project on the topic.

His work aims to enhance the mental health and well-being of older men, thereby reducing their risk of depression and suicide.

Heisel and his team will work with partners to offer community-based groups for soon-to-be or newly retired men over age 60.

The groups will bring men together to build camaraderie and share ideas about how to find meaning in retirement.

"We are very grateful to Movember Canada and to all of the Mo Bros and Mo Sistas who raised funds to support men's mental-health initiatives, including this innovative project," Heisel said in a release.

Heisel and his colleagues are one of seven teams in Canada that received funding.
SCOTT TAYLOR/METRO

Hundred Men Who Care let their charitable spirits shine

Good cause. First donation by philanthropists goes to El Sistema

MIKE DONACHIE
mike.donachie@metronews.ca

They're the men who care, and they've already proved it.

The group that's set out to support good causes in London made its first donation Wednesday.

The group's called 100 Men Who Care, and it's an offshoot of the similarly-named women's group. Both exist to support registered charities in the city.

The first of many recipients was the El Sistema Orchestra, the program based at the Aeolian Hall that gives children free music lessons.

But, as the Aeolian's executive director, Clark Bryan, was expressing gratitude, 100 Men Who Care co-founder Michael Koenig was explaining there's plenty of good work still to come.

"Six of us came together to start Men Who Care," said Koenig. "It was modelled on the 100 Women organization and it's a London chapter."

Members sign up for just four meetings a year, he said, each costing $100. Each member nominates a charity and three are drawn from a hat. Then, they pitch their good cause and members vote for which one gets the money paid into the pool.

The name may mention the number 100, but the group's grown beyond that. Already there are 165 "men who care" and the women's group, which works in the same way, has more than 300 members.

So Wednesday's donation to the Aeolian, which was pitched by member Dave Southen, was $16,500.

With more people joining all the time, future donations are expected to be even bigger.

Sitting in front of the piano is Aoelian Hall executive director Clark Bryan and student Max Driassen. Standing are, from left, Jeff Petrie, Rob Brown, Mark Mohan, Dave Southen, Mike Koenig and Rob Crosby, who are all members of 100 Men Who Care. MIKE DONACHIE/METRO

Londoners scramble to get flu shots

Flu shots are available here.
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or book an appointment.
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convenient than ever.
Your health. Made easier.

Flu shots are available pretty much everywhere these days, and Londoners are scrambling to get them, health officials say. SCOTT TAYLOR/METRO

The season's first flu clinic of the year was an unprecedented success, according to the Middlesex-London Health Unit.

More than 1,000 people received the vaccine at Carling Heights Community Centre last week — surpassing the number of shots doled out at every clinic held last year.

Marlene Price, the Middlesex-London health unit's manager of vaccine preventable disease, said the toll last year's flu strain took on Middlesex County may have spurred more people to protect themselves this season.

"We had a lot of hospitalizations and deaths," she said about 2012.

In the most recent flu season, which Price said lasts from October to March, 301 people were hospitalized and 26 of them died.

"It's more than what we had during H1N1," she said. "It was a particularly severe year and there were lower immunization rates."

This year's vaccine is protecting against three strains of influenza, one of which is similar to the dreaded H1N1.

Shots are available through family physicians, community flu clinics and most pharmacies.

There is also a drive-thru flu clinic for people who are physically challenged, those with immune-system disorders and people for whom large crowds would be difficult.

Call 519-663-5317, Ext. 2330 to book an appointment. SCOTT TAYLOR/METRO

Online

For details about upcoming flu-shot clinics, visit healthunit.com/influenza-vaccination-clinics

Quoted

"We had a lot of hospitalizations and deaths."

Marlene Price, with Middlesex-London's health unit, on last year's flu season

Political fallout. Ontario Grits learned nothing from gas plants debacle: NDP

Ontario's Liberal government "learned nothing" from the $1.1-billion cost of killing two gas plants and is ready to refurbish nuclear reactors without knowing the final price, NDP Leader Andrea Horwath charged Wednesday.

The Liberals recently abandoned plans to build two new nuclear reactors, after spending $180 million in preparatory work, but said they would refurbish existing reactors at the Darlington power station to extend their service life until 2055.

"The procurement for it is going to take place in stages, and the final cost is not known at this particular point in time," said Energy Minister Bob Chiarelli.

The NDP released a statement from the Ministry of Energy showing "a final timeline and cost will not be known until the regulatory and technical scope is determined" and contracts are signed, sometime in 2015.

"We were shocked when the minister responded to our request by saying, 'We're spending $950 million on contracts we've already signed, but we can't tell you what the final cost is going to be,'" said Horwath. "That is frightening."

It's hard to believe the Liberals are prepared to waste more money on the electricity file after the auditor general reported the costs of their decisions to cancel gas plants in Oakville and Mississauga could top $1.1 billion, added Horwath.

"They haven't learned their lesson when it comes to cancelling power plants, when it comes to planning for new nuclear and now this refurbishment plan, where apparently the sky is the limit when it comes to the price," she said.

"You cannot go into a project like this, which is going to cost literally billions and billions of dollars, without having some kind of target, otherwise there's no attempt whatsoever for cost containment."

THE CANADIAN PRESS

Pamela Wallin shares her side of the Senate expense scandal

Stating their cases. Former Conservatives Mike Duffy and Patrick Brazeau also facing possibility of being kicked out of Senate

Pamela Wallin says a government move to expel her from the Senate is an affront to Canadian democracy, motivated by politics and personal vendettas against her by confidantes of Prime Minister Stephen Harper.

The embattled senator — who has reimbursed almost $150,000 in travel expense claims that the Senate has ruled invalid — told the chamber Wednesday that she was targeted unfairly by fellow Conservatives Marjory LeBreton and Carolyn Stewart Olsen.

LeBreton was government leader in the Senate until she stepped down this summer. Stewart Olsen is a former aide to Harper who, until this week, was a key member of the Senate committee that sat in judgment on Wallin and three other senators, ordering external audits of their expenses and ultimately asking the RCMP to investigate all four.

Wallin said public opinion was whipped up against her by 14 different leaks to the media — leaks she believes "were orchestrated in large measure by senators LeBreton and Stewart Olsen" and which were designed to cast her conduct "in the worst possible light."

The pair "could not abide the fact that I was outspoken in caucus, or critical of their leadership or that my level of activity brought me into the public eye and once garnered the praise of the prime minister," Wallin said, her voice occasionally wavering.

"They resented that. They resented me being an activist senator."

LeBreton rose immediately following Wallin's speech to call her accusation "false, false, false."

LeBreton denied ever leaking information about Wallin to the media or instigating the investigation into her expenses. Indeed, LeBreton said it was a letter of complaint to Senate administration from one of Wallin's own staffers that prompted a review of her travel claims.

THE CANADIAN PRESS

Sen. Pamela Wallin arrives at the Senate on Parliament Hill on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Moscow.

Activists now facing reduced charges

Russia's main investigative agency said Wednesday that it has dropped piracy charges against jailed Greenpeace activists, including two Canadians, and charged them instead with hooliganism.

The news brought little comfort to anxious family members back home, since the new charges still carry stiff prison sentences of up to seven years.

But Patti Ruzycki Stirling, whose brother Paul Ruzycki was serving as first mate aboard the Greenpeace ship Arctic Sunrise when it was seized last month, said the decision still represents progress from the Russian government.

Ruzycki, fellow Canadian Alexandre Paul and 28 other activists were originally facing prison terms of up to 15 years under the original piracy charges.

"It's the first step in the right direction, the fact that they've come to their senses and realized that piracy is lunacy, that they had no grounds for that," she said in a telephone interview from her home in Port Colborne, Ont.

Greenpeace took a harder line, saying their crew members were arrested while travelling in international waters and should not be behind bars at all.

THE ASSOCIATED PRESS

Royal baby baptism

Britain's Prince William holds his son George as they arrive at Chapel Royal in St. James's Palace in London, Wednesday, for the christening of the three-month-old prince. JOHN STILLWELL/THE ASSOCATED PRESS

Saudi Arabia

Authorities warn women not to protest driving ban

The ministry in charge of Saudi Arabia's police is warning against "disturbing public order" days before activists are to call on women to drive cars in defiance of a ban on them getting behind the wheel. The Wednesday statement from Interior Ministry spokesman Turki al-Faisal appeared directed at this Saturday's campaign.

Women are not issued licences in the conservative kingdom. THE ASSOCIATED PRESS

Vietnamese dopers dig the Canadian bud

For the young Vietnamese dope smokers rolling up outside a smart Hanoi cafe, local cannabis is just not good enough. As with their Adidas caps, iPhones and Sanskrit tattoos, so with their choice of bud: only foreign will do.

Potent marijuana grown indoors in Canada and the United States is easy to buy in Hanoi and Ho Chi Minh City, say regular smokers, and sells for up to 10 times the price of locally grown weed. That's perhaps surprising given that marijuana is easy to cultivate regionally, and bringing drugs across continents is expensive and risky.

Some experts say the trade can be explained by the dominant role Vietnamese diaspora gangs play in cultivating the drug in western countries, making sourcing the product and smuggling it to Vietnam an easier proposition than it might be otherwise.

The characteristics of cannabis use in the country also drive the trade. The drug is used mostly by foreigners and well-heeled Vietnamese, who are prepared to pay for quality. Vietnamese have long shown preferences for imported goods of all kinds — and it appears cannabis is no exception.

Regardless of the reasons, its availability in Vietnam is a sign of how hydroponic growing techniques have shaken up the global marijuana business. In the 1960s and '70s, marijuana went from plantations in countries such as Thailand, India and Morocco to wealthy consumer markets in the West. Now, many western countries are self-sufficient in the weed because of indoor cultivation, and export is on the agenda.

Western-grown cannabis is also appearing in Japan and South Korea.

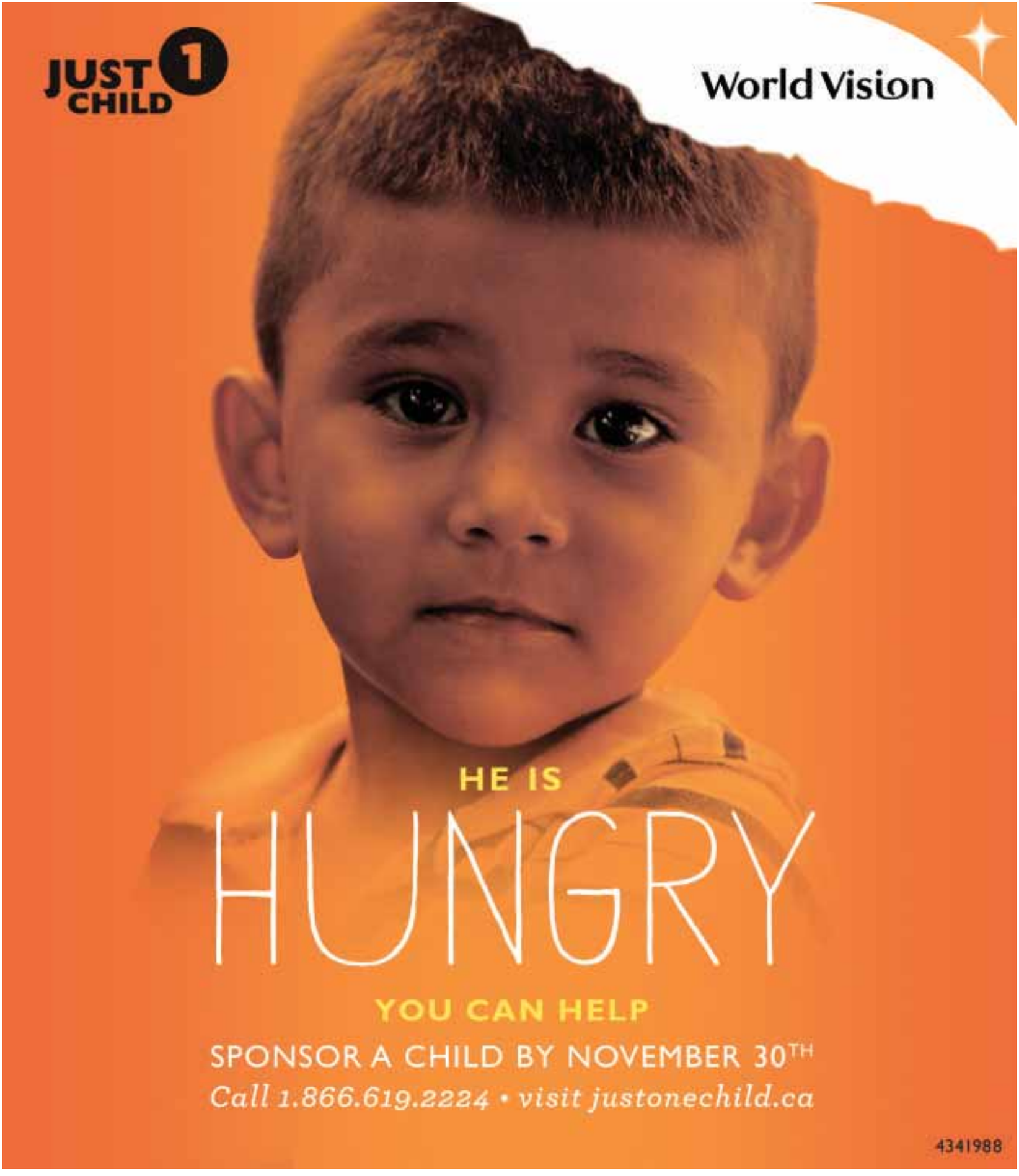
THE ASSOCIATED PRESS

A man rolls a joint with marijuana that's grown in Canada at his room in the old quarter of Hanoi, Vietnam, earlier this month. Western-grown marijuana is popular among the elite in Vietnam. NA SON NGUYEN/THE ASSOCIATED PRESS

Premium price

$45

Smokers said one gram of Canadian weed retails for up to $45, the average weekly wage in the country. Mid-quality hydroponically grown marijuana sells for about $10 a gram in Canada and the U.S.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Market Minute

DOLLAR
96.30¢
(-0.89¢)

TSX
13,243.40 (-4.66)

OIL
$96.86 US (-$1.44)

GOLD
$1,334 US (-$8.60)

Natural gas: $3.62 US (+0.03)
Dow Jones: 15,413.33 (-54.33)

Economy to dictate decision

Interest rates likely to stay low as BoC in wait-and-see mode

The Bank of Canada has pointedly dropped its warning about the potential for higher interest rates, triggering a sell-off in Canadian dollars that pushed the loonie almost one cent lower Wednesday and raised speculation that rates could actually fall further.

In a more predictable move, the bank also lowered the anticipated growth path for the economy, shaving the projected pace of expansion for this year as well as in 2014 and 2015.

The central bank, by jettisoning the now familiar tightening bias that it has used since April 2012 to caution consumers about over-borrowing, suggests that it is just as likely to cut the one per cent overnight rate as to raise it in future.

THE CANADIAN PRESS

Sochi consolation prize

No gold medal? Here's a phone

Athletes who fail to clinch gold at the 2014 Sochi Winter Olympics can take home something else: a $900 smartphone from Samsung.

THE ASSOCIATED PRESS

$6 for tea??? Starbucks aims to make stodgy drink of British grannies cool

Starbucks is trying to make tea trendy, with plans to open its first "tea bar" in New York City.

The Seattle-based company says Teavana Fine Teas + Teavana Tea Bar will serve sweets and other food including flatbreads, salads and small plates ranging in price from about $3 to $15. Drink prices will range from $3 to $6, and include novelties such as a Spiced Mandarin Oolong tea and carbonated teas.

The menu of food and freshly made drinks is a switch for Teavana, a chain of about 300 stores that sell boxed and loose tea and accessories. Teavana stores are mainly in shopping malls, but Starbucks CEO Howard Schultz said he plans to expand the footprint to include more locations in urban areas. The company plans to add brewed tea and food to more Teavana stores.

Starbucks hopes Teavana "tea bars," featuring $3 to $6 drinks, will be a hit. CANDICE CHOI/THE ASSOCIATED PRESS

The opening of the New York City store on Thursday comes after Starbucks bought Teavana last year. The company has said it plans to use the acquisition to make tea a bigger part of American culture, as it has with coffee.

THE ASSOCIATED PRESS

Will $250M renegade news experiment work?

Brainchild of eBay founder. Only time will tell if the well-funded venture to be led by group of activist journalists is able to reach lofty goals

KIERON MONKS
Metro World News in London, U.K.

Journalists Glenn Greenwald, left, and Jeremy Scahill will help lead an ambitious news outlet focused on "government transparency and accountability." SILVIA IZQUIERDO/THE ASSOCIATED PRESS FILE

The biggest national security breach in U.S. history was a warm-up for Glenn Greenwald. The activist reporter who published Edward Snowden's revelations is to launch a well-funded news outlet with a priority to share secrets from the world of surveillance, raising fears that U.S. national security will suffer.

EBay founder Pierre Omidyar has pledged a minimum $250 million to the "mass media organization" and specifies a focus on "government transparency and accountability". Along with Greenwald, fellow NSA publisher Laura Poitras will be a founding member, as well Jeremy Scahill — the man who exposed the Blackwater scandal in Iraq and CIA torture practices.

Omidyar has been coy on details — the location and launch date have not been announced — but the billionaire is known to support a horizontal model giving more freedom to journalists than traditional media. Greenwald has said this freedom was a major incentive for leaving The Guardian, which redacted many of Snowden's documents for security reasons, although the published reports were still explosive enough to cause the resignations of leading NSA directors.

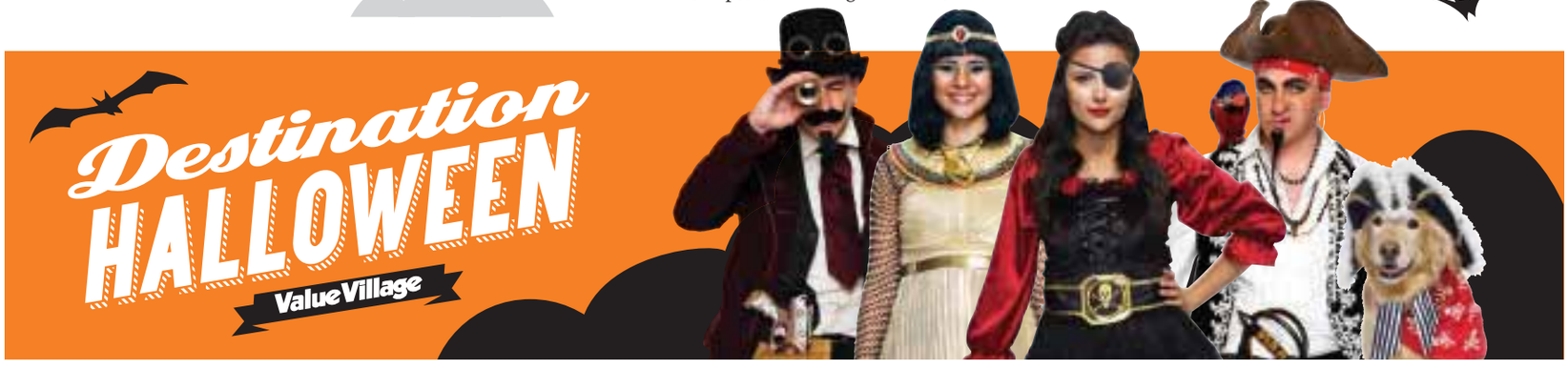
Thousands of the documents remain unpublished.

"I think Omidyar is mission-driven," Jay Rosen, director of journalism at New York University and close to both Greenwald and Omidyar, told Metro.

"What he gets out of it is the prestige of ... excellent, public-service journalism ... that reveals what would have remained hidden."

Greenwald's supporters will demand something closer to a war on the security sector. "We expect Glenn and Laura will produce hard-hitting investigative journalism on the ever-expanding surveillance state," said a source at the Electronic Frontier Foundation, which is organizing an anti-NSA rally in Washington. The next revelations will be hotly anticipated.

But security agencies will not wait to be attacked, says Rosen. "Given the kind of journalism it intends to practise, security, encryption and protection of journalists are all going to be key."



Value Village

Check out **valuevillage.com** for even more great ideas plus DIY costume how-tos!

#thriftortreat

BURPING COWS ARE A GAS, GAS, GAS

HE SAYS

John Mazerolle
metronews.ca

In these uncertain times of huge, unprecedented disasters like climate change and the Senate, it's nice to know that there are still stories that fill us with awe, still moments that make us think, "it's not such a bad life, after all."

Which is why, this week, I'd like to talk about burping cows. According to an Oct. 21 story by the Reuters news agency, Argentine scientists have devised a system that can tap directly into a cow's digestive tract and remove up to 300 litres of pure methane per cow per day, "enough energy to keep a refrigerator running for 24 hours."

This story raises all sorts of interesting questions. Like, my fridge can run on intestinal gas? Do I even need the cow?

But before I follow that line of thought to places we can't return from, here's an even bigger question: How come I never get journalism assignments like this? When I was a field reporter, I was always sent to events that had no effect on anybody, like city council meetings.

Yet some lucky Reuters reporter was sent to watch top Argentine agricultural technologists channeling digestive gases from inside a cow through high-tech tubing to a tank on its back.

I like to imagine it was just like NASA mission control: When the burps successfully entered the tank, scientists high-fived and whooped while a mission commander removed his headset and heaved a relieved sigh, possibly methane-based.

Though it would have been a fun assignment, it's my duty as a serious journalist to stress that this isn't all fun and gas. As Canadians, we have to be concerned that Argentina now leads the race toward cow-excretion-collection supremacy, probably because the world was so focused on Iran. Argentines: First they get the Pope, then they get the power.

Let's not understate the gold mine here: Cows produce what scientists call a "heap ton" of gas because cows have a lot of stomachs , including the Greater Stomach, the Lesser Stomach, the Secret Stomach behind the bookcase, and the Ultra-Deluxe Stomach (not available on all models, ask dealer for details).

You know how you feel after you've had four burgers and you're lying on the couch and your stomach starts making noises that seem to say, "All non-vital personnel, please clear the area"? Imagine how that would feel if you had multiple stomachs! For one thing, you could win every belching contest from here to Buenos Aires.

Even if such dreams never come to pass (get it?), it's clear that belching cows are now another technological advance to consider for countries seeking energy independence. Countries like Canada. Are you pondering what I'm pondering? Given the other big news stories in Canada, I think we can all agree that Canada's next course of action to slow climate change and greatly improve the Senate involves bringing long lengths of tubing to Parliament Hill.

At the very least, our fridges will run well. Give it a sober second thought.

ZOOM

My pet monster

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

A hairy, scary 30-year commitment

A tarantula peeks out of his webbing filling the entire container in Los Angeles. This is one of the 50 tarantulas nurse Dee Reynolds cares for at her home. Tarantulas are the heaviest, hairiest, scariest spiders on the planet. They have fangs, claws and barbs. They can regrow body parts and be as big as dinner plates, and the females eat the males after mating. But there are many people who call these creepy critters a pet or a passion and insist their beauty is worth the risk of a bite.

Unlike Fido or Whiskers, you can't cuddle with them, dress them for Halloween or play catch. They can cost hundreds of dollars, but they can also live for 30 years. THE ASSOCIATED PRESS

They grow up so fast ...

The tarantula starts life as a sling — short for spiderling — so they can be as small as a fingernail and grow as large as a dinner plate. It eats mostly live crickets, cockroaches and some mice. The spider turns prey into stew by pumping in venom through its fangs. THE ASSOCIATED PRESS

Bites not so bad (usually)

All tarantulas can bite, but owners say it's no worse than a bee sting, unless you are allergic.

- Although there's no documented case of a fatal bite, some have more potent venom than others, and there is no anti-venom, so you treat the symptoms and hope for the best.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a familiar problem that likely affects somebody you love: The agony that comes with waiting for your Candy Crush lives to refill. But don't worry, there's plenty of other free mobile games to save you from doing anything too productive.

Paint It Back:

A game of nonograms, which are grid-based puzzles that label each row and column with numerical clues for which squares must be shaded to reveal a picture. They're also known as Picross to Nintendo DS fans. If none of that makes sense to you, just know that it's good brain-teasing fun and Paint It Back is designed to ease you in gently. (iOS)

Candy Mania:

It wouldn't be unfair to say this game was, um, "inspired" by Candy Crush. But there are enough twists on the gameplay — not to mention the continual introduction of new mechanics — that it never really feels like you're playing the same game over again. (iOS/Android)

Pocket Mine:

Take control of a miner and start digging, collecting as many precious metals as you can until your pick shatters. Take that cash and upgrade your picks while acquiring upgrades like exploding coal and volatile grenade boxes, all set to a sepia-toned 8-bit soundtrack.(iOS)

Twitter

A U.S. man called the cops after his Jell-O went missing from the work fridge. What's your anti-lunch theft strategy?

I go out of my way to make really disgusting lunches so no one would want to steal them. Almost inedible. Really gross stuff.
@Canucklehead_ca

Tape a note explaining you're constipated and it contains a strong medicinal laxative.
@TradeMarck

Fake Moldy Lunch Bag!
@danfwhite

Super hot sauce. The thief is the sweaty person with a really red face.
@FrenchmanCanada

Label lunch bag "Poisonous snake specimen". For bonus points, actually put snake in.
@Cazzy

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Peripheral visions: Marine Dreams releases new album

Synesthesia. Ian Kehoe wants to make music that sounds like a Rousseau painting

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Corner of the Eye is now front and centre as Marine Dreams' latest album.

Former Attack in Black member Ian Kehoe is the man behind the new collection of modern pop-rock songs.

The Toronto-based singer/songwriter and his band are hitting up The Bag Lady to play some new tunes for London on Saturday.

The songs for this album came out fast and spur-of-the-moment, said Kehoe.

"I never really say I'm going to tell a story or I need to say this about the world," he said.

"I'm a pretty sensitive person. I'm always singing a lot and feeling a lot and all those things can become songs really quickly and easily if I have a spare hour or two."

Corner of the Eye is a song on the album inspired by the humid weather Kehoe experienced while travelling in North Carolina with his girlfriend and band-mate Tamara Lindeman. The whole album was recorded in a basement in Welland, Ont., Kehoe's hometown.

The artist brought a book of Henri Rousseau paintings with him and passed it around the room to collaborators Ross Miller, Ian Romano and Lindeman during the recording session.

Rousseau, a self-taught French post-Impressionist painter, is most famous for his jungle paintings, although he never travelled outside of France.

"That really got me thinking about art and the ability to transport," Kehoe said.

"When I looked at the paintings, I knew I wanted to make a record that sounded the way the paintings look. They had a shimmery, imaginative quality. In the sounds I chose, and with the feel of the instrumentation, that seemed to happen on the record."

The song Roots Come After Lengthy Waits is about Kehoe's feeling of displacement after moving to Toronto from Sackville, N.B., almost two years ago to be with his girlfriend.

"It was a pretty crazy time, and I'm still adjusting. I just have to be patient and have faith and keep living and finally feel grounded somewhere, which I was not feeling in Toronto because I left friends behind and didn't have a connection to nature anymore," Kehoe said.

Guarding My Love is also about adjusting to life in the big city.

"People in the city can be distant, in their own bubbles. But I put my whole heart into everything. I'm a pretty empathetic and perceptive person," Kehoe said.

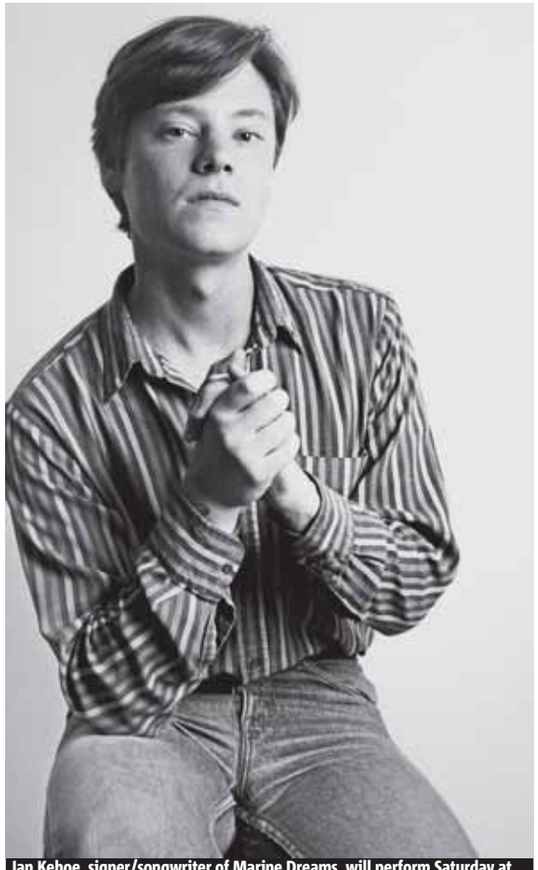
"It can be draining for me because I'm always affected by others' emotions and there are so many people around.

"I was feeling a little protective, like I should keep a little place for myself."

Londoner Evan Redsky (of Single Mothers) will open Saturday's show for Marine Dreams. Music starts at 9 p.m. Tickets are $8.

Around town

- **Hear ye, here ye.** The Hear Here concert series will feature What Seas, What Shores, Miserere and Peter Lebel on Friday at Forest City Gallery (258 Richmond St.). Music starts at 8 p.m. Cover is $7.
- **New tracks.** There's an album release party for Test Their Logik on Saturday at East Village Arts Collective (757 Dundas St.). Show starts at 9 p.m. with a sliding-scale cover of $5 to $10.



Ian Kehoe, signer/songwriter of Marine Dreams, will perform Saturday at The Bag Lady deli and café (474 Pall Mall St.) in London. COURTESY COLIN MEDLEY

Carrie Underwood will play Maria in a live TV production of The Sound of Music on Dec. 5. GETTY IMAGES

Why Underwood is over the moon

Flying into fall. Between hosting the CMAs, performing in a live TV musical and her NFL gig, Carrie is a busy gal

The end of the year looks busy for Carrie Underwood, and she couldn't be happier.

The six-time Grammy winning singer will host the Country Music Association Awards for the sixth time. You can see her every week singing the opening on Sunday Night Football. And for one night in December, she will star in a live television version of The Sound of Music.

The 30-year-old star told The Associated Press Tuesday night on the red carpet of the TJ Martell Foundation gala, where she was one of the night's honourees, that she's nervous doing something she's never done before. But then she realized, "None of us have. This is a live show on TV. So this is definitely a challenge for all of us."

She equated the live singing and acting as "going to a Broadway show, but you're in your living room."

The Sound of Music airs Dec. 5 on NBC with Underwood playing Maria alongside True Blood vampire Stephen Moyer. He portrays Captain von Trapp. Broadway veterans — and Tony winners — Audra McDonald, Laura Benanti, and Christian Borle round out the cast as Mother Abbess, Elsa and Max, respectively.

While the Nashville-based Underwood is no stranger to performing before millions of people on live television — she won the fourth season of American Idol — she felt she needed more preparation, so she showed up in New York three weeks early.

"I wanted to be here and have all my lines memorized and everything and be ready for it. It's been really wonderful," Underwood said. "Audra and Laura are incredible. Stephen's great. It's nice to be surrounded by that much talent."

Before doing that show, the multi-platinum selling artist returns to her hosting duties on the CMAs. She's also nominated for three awards, including album of the year and song of the year. While she and co-host Brad Paisley have got it down to a science, she doesn't see the experience as old hat.

"You never know what's going to happen with us hosting," Underwood joked, referring to her and Paisley.

She added: "I think being nominated — especially when hosting the CMAs — you just never know."

The CMAs take place Nov. 6 in Nashville.

THE ASSOCIATED PRESS

Hockey

Carrie's NHL analysis

Underwood's husband, Mike Fisher, is the Nashville Predator's star centre. As such, Underwood has had to brush up on her hockey knowledge. Here's what she sees for the Nashville season: "They got off to a little bit of a rocky start, but definitely getting some momentum. I feel like my husband right now. I know what he feels like now. I feel there's some really great, new young talent," she said.

"My hubby, he's been out for the past couple of games with a foot fracture thing. But he'll be back on the ice, ASAP. I hope he does, because that's the only way I get to see him, other than iChat."

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First line, last line and Mochrie fills in the rest

New book. Toronto-based comedian puts his own zany spin on a handful of classic tales

The opening story in the debut book from improv master Colin Mochrie begins with the opening lines of Arthur Conan Doyle's A Study in Scarlet, describing Sherlock Holmes seated at a breakfast table.

What follows is far from elementary, as the famed fictional detective dresses in drag and racks his brain — not in order to solve a crime, but to figure out how to do standup comedy.

In his newly published collection of short stories, Not Quite the Classics (Viking Canada), Mochrie takes the first and last lines from 12 famous novels and re-imagines the middle.

The approach stems from the improv game First Line, Last Line, in which the skit's beginning and ending are supplied by the audience and the performers invent the rest.

"When I was first asked by my agent to write a book — apparently he does not like me having free time — because I have no experience at writing, I thought I would use my improv experience to help me guide my way through this," Mochrie said in a recent interview.

Using the first and last lines, "I figured ... two per cent of the book is written, so I'm set," he added with a laugh.

The Toronto-based Whose Line Is It Anyway? star said he was a shy child who read a lot, but he never wanted to write a book until his agent suggested it.

He was convinced to take on the project by actress Debra McGrath, his wife who "does a lot of writing," is "incredibly disciplined" and "incredibly supportive."

"Actually, I think I'm writing this book because of her, because she's a very positive person. I am less so, much less so," said the typically self-deprecating Scottish native, who was recently named Canadian comedy person of the year at The Canadian Comedy Awards.

"But she has this thing, and she's actually talked me into doing it: There's a thing in improv called, 'Yes, And,' where you accept people's ideas and then you build on that, so it's always positive. We've kind of talked about, in the last couple of years, saying yes to things that we ordinarily would say no to.

"I've found it leads you to these adventures you never would've taken the chance on, and writing a book was something I never thought about, so I thought, 'Well, I'll use Deb's Yes, And thing and see where it takes me."

The TV actor said he chose the stories according to whether they had first and last lines that inspired him and yet were vague enough.

The first one he tackled was Dr. Seuss's The Cat in the Hat, which he turned into a poem about a zombie invasion.

"It was the first book I read as a child; it was the first book I read to my son, so I know it really well, and it rhymes and it's easy," said Mochrie, who performs with his longtime improv partner Brad Sherwood at the Queen Elizabeth Theatre in Toronto on Oct. 30.

"So I thought that would be a nice way to ease into it, and it was actually fairly easy to write and pain-free. I thought, 'Oh, this is what the rest of the (project) is going to be like.' I was wrong. Totally wrong. Absolutely, completely, 100 per cent wrong."

Despite the challenges he faced, Mochrie managed to inject the stories with the same charm, humour and zany scenarios he's brought to his improv performances.

There's the one inspired by Herman Melville's Moby Dick, in which a balding actor abuses the powers of a magical toupée to advance his career.

Mochrie, who's been the butt of bald jokes himself, said that's one of the most personal stories. (For the record: He's never worn a toupée.) "Bald jokes don't bother me at this point. It's been my bread and butter, but I always wonder: How come someone can come up and just do a bald joke at me and I can't mention that they're obese or missing an eye or something? I can't, I just can't."

THE CANADIAN PRESS

Beware the colon exams

The story that was perhaps the most demanding, at least physically, was the one inspired by Kurt Vonnegut's Slaughterhouse-Five. Without spoiling the tale, the premise involves "the unluckiest man in history" and a colon exam that goes awry.

Colin Mochrie's newly published Not Quite the Classics is a hilarious take on 12 famous books. THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Katharine McPhee

Married McPhee caught kissing married director

American Idol alum Katharine McPhee has been caught locking lips with her former Smash director Michael Morris after an intimate lunch date, according to Life & Style. The only problem? They're both married — McPhee to performer-turned-producer Nick Cokas and Morris to actress Mary McCormack. McPhee and Cokas "have been separated for six months," a source says. "Nick continues to co-manage her music." But the status of Morris and McCormack's marriage is unclear.

Forget it girls, there'll be no 50 Shades of McConaughey

Matthew McConaughey

A whole lot of actors are being considered to replace Charlie Hunnam as Christian Grey in the Fifty Shades of Grey movie, but don't include Matthew McConaughey on that list. "I've heard of it, yeah. I have not read the book. I don't even know what the book is about," he tells E! News when pressed on the subject. "I'd be making up an answer if I told you any more."

The Word

Lohan and posse hit wrong notes in Karaoke bar

Apparently Lindsay Lohan doesn't need booze to get into trouble during a night on the town. The troubled actress was reportedly "insanely belligerent" after an all-night party in a private karaoke room at a New York City bar, according to the NY Daily News. While Lohan was overheard insisting she wasn't drinking, her hangers-on drained a bottle of Jameson whiskey and left the room littered with bottles and trash, sources say. Lohan is said to have pleaded with the staff to keep the bar open once closing time hit, and when the staff refused the Mean Girls star reportedly summoned the police and complained that she and her friends had been held captive in the karaoke room. No police report was filed.

Twitter

@MarkDuplass
TWISTER was invented by a couple trying to get their dinner guests to swing with them, right?

@ABFalecbaldwin
The Post is obsessed w my wife's boobs. Get in line.

@bobsaget
When someone says something negative to you, turn it into a positive. Tell them you want to sleep with their mother.

Katy Perry and John Mayer. ALL IMAGES GETTY

Mayer's marriage proposal to girlfriend Perry 'a question of when' not if

Katy Perry and John Mayer are getting so serious that news of an engagement is all but inevitable at this point, according to Us Weekly. "Everyone knows it's just a question of when John will propose," a source says. Perry and Mayer, who have been dating for more than a year — with a three-month break earlier this year — "realize they must be together," the source adds. "They Skype and text all day. John always checks in before bed."

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SS 14's golden girls

Shimmer and shine. Pat McGrath's glittering brows at Dior and Dries Van Noten's side partings fashioned with gold leaves have given us gold fever. But for everyday wear simply work in a hint of warm, sparkly hues to get that candlelit glow.

ROMINA MCGUINNESS
Metro World News

The show-stopping gold make-up looks spotted on the SS 14 runway were beautiful, but they only work on the runway. You don't want to dazzle your colleagues with all your bling or crack a tooth on the glitter that's landed in your granola.

"Gold makeup is incredibly flattering and works with all skin tones — pretty much everyone can suit a chocolatey bronze. It's like adding sunlight to your face," makeup artist Florrie White, who's worked with the likes of Blake Lively and Rosie Huntington-Whiteley, tells us.

She shows us how to play with the trend:

Highlight Your Face

"A gold highlighter (try the Smashbox Halo Highlighting Wand in Gold or NARS multi-stick in Malibu) will give you that candle light luminosity. Focus on the inner corner of the eyes (to open them up and take away tiredness) and on the temples. Dab some right down to the apple of your cheek so that when you move you get a fuzzy glow around you. Highlight the bridge of the nose for an extra spot of light and your cupid bow to create a fuller top lip."

Warm Your Eyes

"Go for a blown out, gold-bronze smoky eye by using a chocolate gold liner under the eye (try Charlotte Tilbury's eye powder pencil in Sophia). Really bring out the lash line by blending it down. Next, take a gold eye shadow, such as L'Oreal Color Infallible in Goldmine, and wash it all over the lid. Really blend it out so that you get a warm glow behind the lashes. Enhance the look by adding a little bit of a darker eye shadow (such as Color Infallible in Sahara) in the eye sockets."

As for the rest...

- Frame the eyes by slightly grooming and filling in your eyebrows.
- Apply a glittery beige-nude on your lips. Besame Cosmetic's lipstick in Champagne works well.
- Make sure your mascara is combed through and that you don't get powder or cream stuck on the lashes, as this will take away from your lash line.
- Add some gold flecks to your face with NARS's Orgasm Blush.

And for a little extra sparkle we loved:

Dior does gold best with eyes that make accessories unnecessary.
GETTY IMAGES

NARS
Eye paint in Iskandar
narscosmetics.com

Topshop
Glitter eyes in Sprinkles
topshop.com

Shiseido
Luminous satin eye colour trio in Into The Woods
shiseido.com

Besame Cosmetic
Lipstick in Champagne
besamecosmetics.com

Charlotte Tilbury
Eye powder pencil in Sophia
charlottetilbury.com

Barry M
Glitter nail paint in Gold Majesty
barrym.com

Have your jack-o'-lantern and eat it too — in a creamy Pumpkin Soup

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This fall, enjoy the abundance of pumpkins that are virtually found everywhere!

Pumpkins are rich in carotenoids, recognized to keep your immune system healthy and strong.

If you would like to try using fresh pumpkin instead of canned, just roast a small pumpkin at 400 F until tender, about 45 minutes. Cut open, scrape away seeds and scoop out pulp and mash.

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped carrots
- 1 1/2 tsp minced garlic
- 1 tsp minced ginger
- 3 cups chicken or vegetable stock
- 1-1/2 cups canned pumpkin purée
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/8 tsp nutmeg
- 1 tsp hot sauce
- 1 cup light coconut milk
- 1-1/2 tbsp honey

Garnish

- 1/4 cup low fat sour cream

1. In saucepan sprayed with cooking spray, heat oil over medium-high heat; cook onions, carrots, garlic and ginger for 10 minutes, stirring frequently, or until onions are softened and browned. Stir in stock, pumpkin, cinnamon, ginger, nutmeg and hot sauce. Bring to a boil. Reduce heat to low, cover, and cook for 30 minutes or until carrot is tender.

2. In batches, purée soup in a blender. Return soup to saucepan. Stir in coconut milk and honey. Gently reheat.

3. Divide among soup bowls.

Pumpkin and Light Coconut Milk Soup

This recipe serves four and contains 172 calories per serving. ROSE REISMAN

4. Garnish: Place sour cream in a small plastic baggie. Snip off the end corner of the bag. Carefully draw approximately 3 to 4 circles on top of the soup as in photo. Use a toothpick to drag lines from the centre out toward the edges to create a web design.

For your phone

Foodie Halloween Treats (iPad/ iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

There's spooky treats for all in this fun collection of 40 Foodie Halloween recipes spanning drinks, cakes, cookies and candies. Enjoy chocolate frogs, spice-roasted pumpkin seeds, and caramel apple cider cocktails.

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Dessert. Pumpkin Honey Doughnuts

1. In bowl, stir yeast, flour, salt and pumpkin pie spice. Stir in water, pumpkin and egg until a thick, smooth batter forms. Cover with plastic wrap and allow to rest for 45 minutes.

2. In saucepan over medium heat, combine the honey, sugar, lemon juice and cinnamon. Bring to a boil and stir well. Remove from the heat.

3. In a large, deep skillet over medium-high, heat 1 inch of oil to 375 F.

4. Working in batches, carefully drop the batter by the tablespoonful into the hot oil. A cookie scoop makes this easier.

Ingredients

- 2 tsp instant yeast
- 3 cups all-purpose flour
- 1/2 tsp salt
- 2 tsp pumpkin pie spice
- 1/2 cup warm water
- 15-oz can pumpkin purée (not pumpkin pie filling)
- 1 egg
- 1/3 cup honey
- 2 tbsp sugar
- 2 tbsp lemon juice
- 1 tsp cinnamon
- Vegetable oil, for frying

5. Turning occasionally, fry doughnuts until deep golden brown all over and cooked through, about 5 minutes. Use a slotted spoon to transfer the fried doughnuts to a large bowl. Drizzle the honey syrup over the doughnuts and toss to coat. Repeat with remaining doughnuts. Serve.

THE ASSOCIATED PRESS

Upping the comfort quotient

Homebody hedonism.
As cooler weather closes in, creating a quiet nook all for yourself provides some at-home escapism

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether on a quiet Saturday morning or early mid-week evening, we all have times when we crave some space to ourselves — and many of us have a special nook in our home that allows us to get away.

For some, that space is found in the corner of a comfy sofa or by lying in bed to read. For others, it's getting away from roommates and family by socializing on the computer.

Creating a quiet spot all your own doesn't take up much space; it's about surrounding yourself with comforts you enjoy.

A favourite chair can be styled with a back-support pillow, decorative throw or a small side table.

In the bedroom, add some support pillows for reading, and a laptop or portable television for watching movies. Grab a pair of earphones so you can selfishly listen to your own movie or music, thereby helping to create a world all your own.

At your desk, make sure you have a spot for your favourite coffee cup, a relaxing scented candle and some family or vacation photos to offer up visual breaks from the computer screen.

Great comfort and support for studying, reading or while watching television in bed. Microsuede Backrest, $25, bedbathandbeyond.ca.

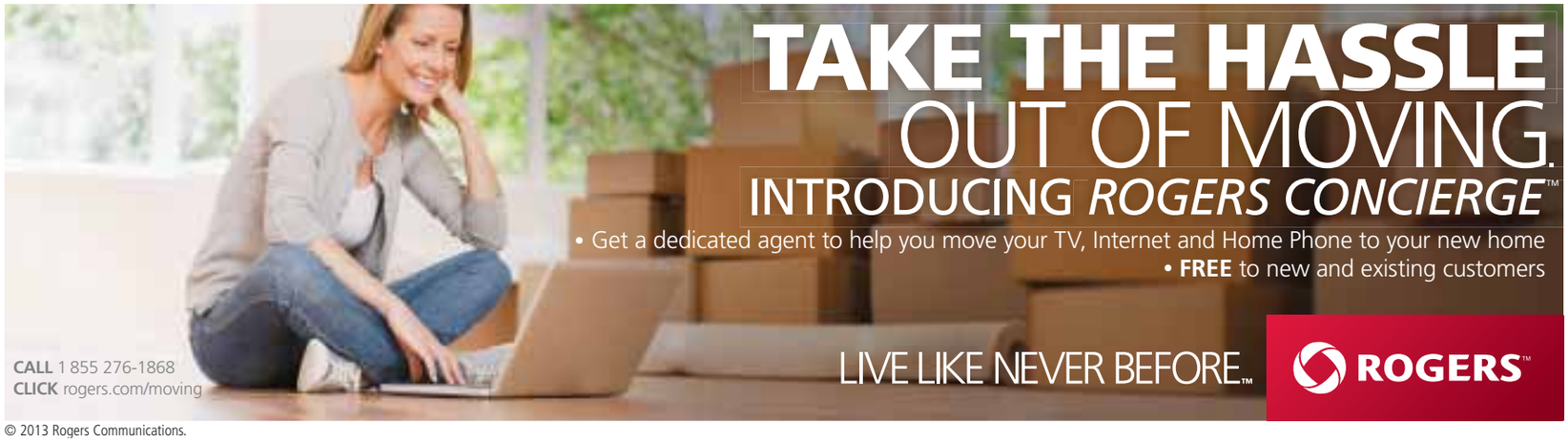
From office to bedroom to living room, an extra side table can be used to hold a book, coffee or decorative candles. Lawson Side Table, $174, homesav.com.

Keep your favourite cup of java warm while reading in bed, soaking in the bath or socializing online. Place one in every comfort nook around your house. Salton Mug Warmer, $10, Walmart. Check walmart.ca for store availability.

Stylish, sleek and reminiscent of a first-class lounge seat, this chair won't get in anyone's way. Benson Motion Recliner, $1,800, urbanbarn.com.

This anywhere lamp casts the perfect spotlight for reading in bed, the office or the living room. Graham Table Lamp, $322, crateandbarrel.com.

Place your single-serve brewer close at hand, and you can have Tim Hortons coffee without even getting up from the lounger. Tim Hortons Single Serve Coffee Cups, $9 per pack of 14, timhortons.ca.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Homemade Halloween

Style gurus Steven Sabados and Chris Hyndman are getting ready for Halloween and shared these easy, cost-effective DIY projects to help you get into the seasonal spirit. For more Halloween tips, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS

Homemade witch's broomstick

A homemade witch's broomstick can be a subtly spooky decor addition to your front porch or it can lend a little touch of authenticity to a kid's costume. Here's how you can make this iconic Halloween accessory at home.

- A collection of sticks
- A large branch or broomstick
- String

Method:
1. Collect sticks and a large branch from your backyard or nearby park.
2. Break the sticks into equal lengths.
3. Tie sticks into small bundles using string.
4. Attach the bundles to the bottom of the branch or a broomstick, two at a time.
5. Repeat until all your bundles are attached.

Nosey jack-o'-lantern

Put a new spin on your jack-o'-lantern this Halloween by literally turning your pumpkin on its side. Try this easy DIY this Halloween — no special tools needed.

- Pumpkin
- Pumpkin carver
- Flameless candle

Method:
1. Turn your pumpkin on its side so the stem faces you.
2. Use the stem as the nose of your jack-o'-lantern design.
3. Carve pumpkin and hollow it out.
4. Place a flameless candle in the jack-o'-lantern.

Tastefully spooky ladyfingers

There's nothing like bringing the theme of Halloween to unexpected places such as the dessert tray. These scary snacks are easily prepared and are a fun way to be tastefully creepy.

- Store-bought ladyfingers
- Store-bought icing
- Almonds
- Platter

Method:
1. Lay out store-bought ladyfingers on a platter.
2. Use store-bought icing to adhere almonds to the ends of the cookies to resemble spooky fingers.
3. For extra spookiness, use red store bought icing to adhere the almonds.

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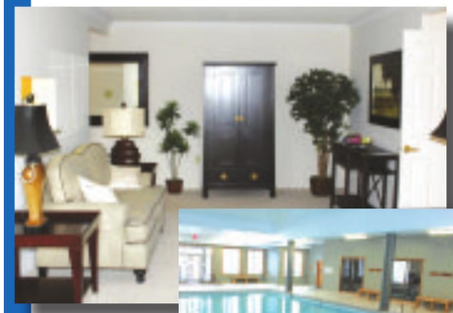

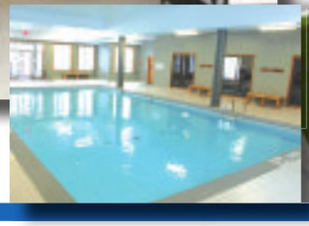

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Halloween meringue bones

Create a creepy culinary crime scene that's devilishly delicious with these simple ingredients. These light and airy confections can be creatively displayed to spook your Halloween guests.

- 1-1/2 cups sugar
- Pinch of salt
- 5 egg whites
- Pinch of cream of tartar
- 1 tsp almond, vanilla, orange or lemon extract

Method:
1. Preheat oven to 220 F.
Line two cookie sheets with parchment paper. Prepare a pastry bag with a round No. 10 tip (about 3/8-inch diameter).
2. Combine sugar and salt in small bowl. Beat egg whites and cream of tartar in small bowl with electric mixer at low speed until soft peaks form.
3. Gradually add sugar mixture, beating constantly. Beat until stiff peaks form and meringue is shiny and smooth. Add extract; beat just until blended.
4. Fill pastry bag with meringue. Pipe a log three to four inches long. Pipe two balls on both ends of each log. Smooth any peaks with wet finger. Repeat with remaining meringue.
5. Bake 30 minutes; turn off heat. Leave cookies in oven overnight; do not open oven door. Makes about two dozen cookies.

NHL

Young standout Monahan staying with Flames

Sean Monahan will remain with the Calgary Flames this season instead of being returned to his junior club.

"We feel good about the decision we've made," general manager Jay Feaster said in making the announcement. "We believe his development is best served with us."

A junior-eligible player is allowed to play up to nine games without his NHL team burning a year of his entry-level contract. Monahan had six goals and nine points in his first nine games.

THE CANADIAN PRESS

NFL

Spiller may get more time to heal

Buffalo Bills coach Doug Marrone is uncertain whether running back C.J. Spiller will play at New Orleans on Sunday.

Marrone on Wednesday says he's considering sitting Spiller to give his sore left ankle time to heal. He added a decision won't be made until later this week.

THE ASSOCIATED PRESS

NHL

Stars' Garbutt gone 3-games for hit on Penner

The NHL has suspended Dallas Stars forward Ryan Garbutt five games for charging Anaheim forward Dustin Penner in the first period of Anaheim's 6-3 home win over Dallas on Sunday.

THE ASSOCIATED PRESS

World Series

"He hasn't even reached puberty yet. When he gets there, I think he'll be able to grow one."

Boston infielder Mike Napoli, on 21-year-old teammate Xander Bogaerts, who hasn't been so successful in joining the Red Sox's playoff beard trend. Go to metronews.ca for coverage of the scruffy Sox's World Series opener against the St. Louis Cardinals on Wednesday night.

Being stung once was all Mustangs needed

OUA football. Falling behind early vs. Laurier is only real challenge Western has faced in record-breaking season

The Western Mustangs hustle off the field at halftime of their September homecoming game against Queens.
ANGELA MULLINS/METRO FILE

One taste of adversity was enough for Greg Marshall and his Western Mustangs.

In a season where the top football team in the CIS cruised to an 8-0 record, outscoring its opponents 458-148 in the process, the Mustangs head coach remembers the importance of the one game the Mustangs didn't dominate from start to finish.

On Sept. 21, the Mustangs started the second half of the season flat, trailing the Wilfrid Laurier Golden Hawks 17-5 late in the second quarter of their fifth game. While they responded with a 45-24 victory, it was the only time this season they were held to less than 50 points.

"After that game, I told the players it was good to go through some adversity and it was a learning experience," Marshall said. "In that game, we had shot ourselves in the foot early on offensively. We were playing out of rhythm. We had to settle back down and play more patient.

"In the second half, I think (quarterback) Will Finch had a stretch where he threw 10 consecutive receptions at one point."

With that one small exception, the 2013 regular season was a romp for the Mustangs, who finished on top of the Ontario University Athletics standings and earned a bye to the conference semifinals.

During the eight-game sweep, several OUA records fell. The Mustangs' potent offence is paced by quarterback Finch, who set a CIS record for completed yardage (3,047), passing former Mustang and current Laurier head coach Michael Faulds.

Finch's stats suggest he could be a nominee for the Hec Crighton Trophy as CIS MVP, which Marshall won in 1980 as a running back for Western.

"Will Finch certainly could be a candidate," Marshall said. "He could possibly represent (the OUA) for that type of season. He shows such poise and leadership as he directs the offence."

THE CANADIAN PRESS

Points to watch for

"It's fun to watch our offence from the sidelines, so we know our job is to get the ball back for our offence."

Fifth-year Western linebacker Pawel Kruba. Coach Greg Marshall, the CFL coach of the year in 2004 with the Hamilton Tiger-Cats, instituted a new playbook at spring workout sessions, but didn't introduce it on the field until Western's third game of the season.

Playoff weekend

The OUA quarter-finals are Saturday with Ottawa Gee-Gees (5-3) at McMaster Marauders (5-3) at 1 p.m. in Hamilton, and Windsor Lancers (4-4) at Guelph Gryphons (7-1) at 8 p.m.

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4 SPORTS

Count on Clarkson for grit, not goals

THE HOCKEY NEWS
Rory Boylen
london@metronews.ca

Three months and 20 days after the Maple Leafs signed free agent David Clarkson for seven seasons and $36.75 million, he'll suit up with them for his first meaningful game.

And what an addition he'll be to the first-place team.

At 7-3-0 the Maple Leafs lead the Atlantic and when Clarkson joins them Friday, it'll be as though they just acquired a 20-to-25-goal scorer off the free agent market today. So far they've been winning without him in the most statistically unfriendly way possible. On average, Toronto has been getting outshot by more than seven per game, but still have the league's fifth-best offence.

So will Toronto's biggest off-season acquisition lead to a further surge in goal scoring?

Probably not. Mainly because, well, Clarkson isn't a goal scorer the same way Phil Kessel and Joffrey Lupul are, or James van Riemsdyk is becoming. The idea of Clarkson as an offensive producer happened suddenly two seasons ago, when he notched 30 goals to break his career-high by a whopping 13. And he still only managed 46 points that season, which would have ranked fifth on the non-playoff Leafs team.

Maple Leafs forward David Clarkson has served his 10-game suspension and is set to make his regular-season debut for Toronto. THE ASSOCIATED PRESS FILE

Clarkson notched 15 goals in 48 games for the Devils last season and his 24 points put him third on the team. So he didn't produce at the same pace as that breakout season, but the production was still coming at a better rate than it had in his first four full NHL seasons. Power forwards usually take five or six years to start hitting their potential.

Clarkson certainly upped his game and became a better producer overnight in 2011-12, on the strength of a high 13.2 shooting percentage — a number that was cut by nearly five per cent last season. While the odds are against him reaching 30 goals again, he at least can be expected to reach 20-plus consistently now.

What the Toronto native will really add to this team is his fearlessness and gritty in-front-of-the-net play. He's a player the other team has to pay attention to because he's always in your face, which will in turn create more space and opportunity for the real marquee scorers. And what if the focus is taken off Clarkson? He'll be in front of the net to pop in one of his 20 or 25 goals.

Clarkson's real value to his new team is in the corners and in front of the net — not any perceived game-breaking, goal-scoring potential.

NHL

Laraque ready to rock 'em, sock 'em?

With his political career on hold while he fights fraud charges, Georges Laraque is expressing a willingness to return to his previous vocation: hockey pugilist.

The ex-NHL enforcer says he's just the guy to add some muscle to the Montreal Canadiens bench.

Laraque, who thas vowed to fight the fraud charges against him, says he's perfectly healthy and would be a good fit for the Habs.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	10	7	3	0	34	24	14
Detroit	10	6	3	1	24	24	13
Boston	7	5	2	0	20	10	10
Tampa Bay	8	5	3	0	26	21	10
Montreal	9	5	4	0	29	19	10
Ottawa	8	3	3	2	21	24	8
Florida	10	3	6	1	22	35	7
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	7	2	0	31	20	14
Carolina	9	4	2	3	22	26	11
NY Islanders	9	3	3	3	29	28	9
Columbus	9	4	5	0	23	23	8
Washington	9	4	5	0	26	29	8
New Jersey	9	1	5	3	18	30	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	9	8	1	0	28	12	16
Chicago	9	6	1	2	26	21	14
St. Louis	7	5	1	1	27	19	11
Nashville	10	5	4	1	19	24	11
Minnesota	10	4	3	3	21	22	11
Winnipeg	10	4	5	1	26	30	9
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	9	8	0	1	40	16	17
Anaheim	9	7	2	0	32	23	14
Phoenix	10	6	2	2	31	28	14
Vancouver	11	6	4	1	32	33	13
Los Angeles	10	6	4	0	26	25	12
Calgary	9	4	3	2	28	32	10
Edmonton	10	3	6	1	30	39	7

Note: Two points for a win, one point for overtime loss.

Wednesday's results
Ottawa at Detroit
Boston at Buffalo
Tuesday's results
Toronto 4 Anaheim 2
Vancouver 5 NY Islanders 4 (OT)
Columbus 4 New Jersey 1
Chicago 3 Florida 2 (SO)
Edmonton 4 Montreal 3
Washington 5 Winnipeg 4 (SO)
Minnesota 2 Nashville 0
Phoenix 4 Calgary 2
Thursday's games
All Times Eastern
San Jose at Boston, 7 p.m.
Vancouver at New Jersey, 7 p.m.
NY Rangers at Philadelphia, 7 p.m.
Anaheim at Montreal, 7:30 p.m.
Chicago at Tampa Bay, 7:30 p.m.
Carolina at Minnesota, 8 p.m.
Winnipeg at Nashville, 8 p.m.
Calgary at Dallas, 8:30 p.m.
Washington at Edmonton, 9:30 p.m.
Phoenix at Los Angeles, 10:30 p.m.
Friday's games
Toronto at Columbus, 7 p.m.
NY Islanders at Pittsburgh, 7 p.m.
Anaheim at Ottawa, 7:30 p.m.
Buffalo at Florida, 7:30 p.m.
Vancouver at St. Louis, 8 p.m.
Carolina at Colorado, 9 p.m.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7 series; x — if necessary)

ST. LOUIS VS. BOSTON

Wednesday's result
St. Louis at Boston
Thursday's game — All times Eastern
St. Louis at Boston 8:07 p.m.
Saturday's game
Boston at St. Louis 8:07 p.m.
Sunday's game
Boston at St. Louis 8:15 p.m.
Monday, Oct. 28
x-Boston at St. Louis 8:07 p.m.
Wednesday, Oct. 30
x-St. Louis at Boston 8:07 p.m.
Thursday, Oct. 31
x-St. Louis at Boston 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Sunday's result
Montreal 36 Hamilton 5
Thursday's game — All Times Eastern
Winnipeg at Toronto, 7:30 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 8

Thursday's game — All times Eastern
Carolina at Tampa Bay, 8:25 p.m.
Sunday's games
San Francisco at Jacksonville, 1 p.m.
Buffalo at New Orleans, 1 p.m.
Cleveland at Kansas City, 1 p.m.
Dallas at Detroit, 1 p.m.
Miami at New England, 1 p.m.
N.Y. Giants at Philadelphia, 1 p.m.
Pittsburgh at Oakland, 4:05 p.m.
N.Y. Jets at Cincinnati, 4:05 p.m.
Washington at Denver, 4:25 p.m.
Atlanta at Arizona, 4:25 p.m.
Green Bay at Minnesota, 8:30 p.m.
Monday's game
Seattle at St. Louis, 8:40 p.m.

MLS

Wednesday's result
Chivas USA at Salt Lake
Saturday's games
Kansas City at Philadelphia, 3 p.m.
Montreal at Toronto, 4 p.m.
Dallas at San Jose, 5:30 p.m.
Portland at Chivas USA, 10:30 p.m.
Sunday's games
Houston at D.C., 1:30 p.m.
New England at Columbus, 4 p.m.
Chicago at New York, 5 p.m.
Colorado at Vancouver, 8 p.m.
Los Angeles at Seattle, 9 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
For best results today, you should be totally honest about your feelings — even when a backlash is likely. You may lose out in some way in the short-term but in the long-term your reputation will soar.

♉ Taurus
April 21 - May 21
A loved one can be hard to understand at times and today it may be impossible to work out what is going on in their head, never mind their heart! Don't worry, it will be OK.

♊ Gemini
May 22 - June 21
Make sure any changes you make over the next 24 hours are necessary. If you have any doubts at all you should keep things as they are, at least for the time being.

♋ Cancer
June 22 - July 23
Make a wish list and expect those wishes to start coming true over the next few days. Thoughts exist, they are real, and the more you think about what you desire, the more likely it is you will get it.

♌ Leo
July 24 - Aug. 23
You may not be the sort who is easily fooled but you should still be on your guard today. Someone you thought you could trust is playing games at your expense. Don't let their games leave you out of pocket.

♍ Virgo
Aug. 24 - Sept. 23
The planets warn you may be too lenient with someone. If you are, it is likely they will take it as a sign of weakness and take from you more. Don't let your heart rule your head.

♎ Libra
Sept. 24 - Oct. 23
Under no circumstances should you take risks with money. The Sun's move into the financial area of your chart means there is a lot to gain but more to lose.

♏ Scorpio
Oct. 24 - Nov. 22
If there is one thing you hate, it's not being sure what is true and what is false. But, there is no way of knowing today. The more thought you give the situation, the more of a dilemma it will be, so stop it.

♐ Sagittarius
Nov. 23 - Dec. 21
Some people just cannot take criticism and one such person will give you a hard time today because you pointed out where they're going wrong. They should not abuse you — they should thank you.

♑ Capricorn
Dec. 22 - Jan. 20
You seem to be in a forgiving mood, which is not like you at all. Others may be suspicious but, yes, it's true — you really do want to be nice to people. They may even be nice back.

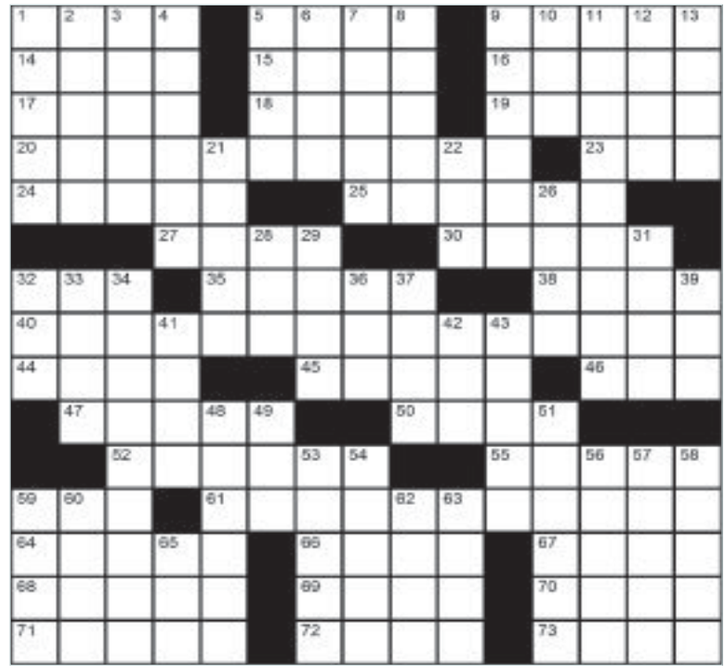
♒ Aquarius
Jan. 21 - Feb. 19
You have never been the sort to care too much what others think and if you find yourself swimming against the tide of opinion today you will be quite happy about it. You enjoy being the odd one out?

♓ Pisces
Feb. 20 - March 20
If certain people seem somewhat evasive, it's a sure sign that something underhand is going on. And, you have a fair idea what it is. Don't let them know their deceit has failed yet. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

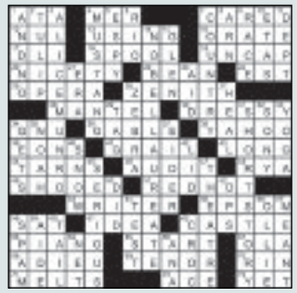
BY KELLY ANN BUCHANAN



Across
1. Botanist Mr. Gray's
5. Weight unit
9. Rose __ pink (Pretty colour)
14. 110-__ appliance
15. Hawkeye State
16. Function or purpose
17. Ancient concert sites
18. Thickening gum
19. Works the Fall leaves
20. The Fall Classic: 2 wds.
23. 'Lion' suffix
24. Big tree along coastal British Columbia, __ Spruce
25. "Whatcha Say" by Jason __
27. City haze
30. Coral formations
32. Common lunchbox sandwich [acronym]
35. Dearly departed bios
38. In the distance
40. Located in Regina, the 'Depot' of the RCMP is its what?: 2 wds.
44. Wrestling of Japan
45. Vision
46. "__ Haw"
47. Prometheus, for one
50. Words on a garage sale tag
52. "The Wiz" (1978) song: "____ Down the Road"
55. Pairs
59. __-relief
61. 1983 comedy flick featuring the SCTV characters at #11-Down: 2 wds.
64. Diminish
66. Stead
67. Trickery
68. AC/DC's "__ Bells"
69. Racetrack shape
70. "Heat of the Moment" band
71. Mr. Baldwin's
72. Jodie Foster movie
73. 12 months

Down
1. Pledges
2. "Me too.": 3 wds.
3. Warning signal
4. Celery segments
5. Jobs for musicians
6. Don Juan type
7. Trophy
8. Chocolate bar, Sweet __
9. Act on
10. Conductor, __-Pekka Salonen
11. "__ __, __!" - Bob and Doug McKenzie
12. Eras
13. Fewer
21. Matt of movies
22. Be off
26. Be up ahead
28. Kimono sash
29. Some bar drinks
31. Ditto
32. Tips, tiny-ly
33. Men's cologne brand
34. Pairs skating great who is a judge on "Battle of the Blades": 2 wds.
36. Restaurant chain, _._._. Friday's
37. Canadian band of "Scratching the Surface"
39. Word with Whiskey
41. Bitty bit
42. Actor brother of Miley's ex Liam ...his initials-sharers
43. "There is _ __ in the affairs of men." - Shakespeare
48. Evaluate
49. Web
51. Public transport mode
53. Synthetic yarn
54. Gullible
56. Originate from
57. Alberta village, 'Gateway to the Handhills'
58. Use profanities
59. "Who Let the Dogs Out" by __ Men
60. Cain's sibling
62. Actress Patricia
63. Bird type
65. "Cake Boss" network

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3		2			9		5	
				6	1			2
4				5		3		
		7					9	
		4	1		5	7		
	6					2		
		8		9				6
1			7	8				
	4		2			8		5

Yesterday's Sudoku

7	8	6	9	3	2	1	5	4
2	4	1	7	5	6	3	9	8
9	3	5	4	8	1	7	2	6
3	1	7	2	6	4	9	8	5
5	2	8	3	7	9	4	6	1
4	6	9	5	1	8	2	3	7
1	7	3	6	9	5	8	4	2
8	5	2	1	4	3	6	7	9
6	9	4	8	2	7	5	1	3

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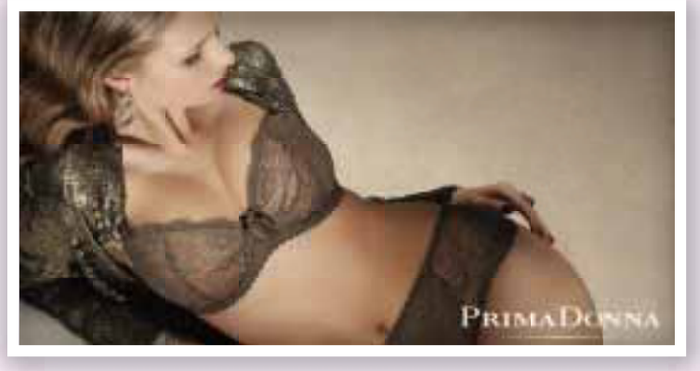

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